

Self-Test at Home

How to use the iHealth COVID-19 self-test

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Step 1: Prepare Your Materials

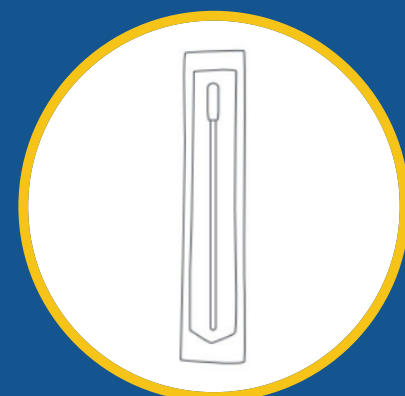
Your test will come with:



- A COVID-19 Test Card



- A Tube filled with the testing liquid

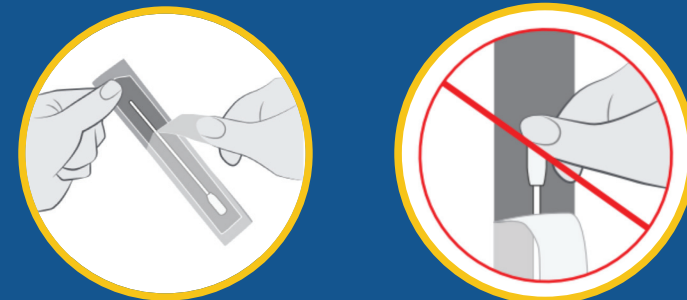


- A Swab

When you are ready to proceed with the test, open the COVID-19 Test Card foil pouch

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Step 2: Collect Your Sample



Remove the Swab from its package
DO NOT TOUCH THE TIP OF THE SWAB WITH YOUR FINGERS
Keep the Swab package for later use



Gently insert the entire tip of the Swab (usually $\frac{1}{2}$ to $\frac{3}{4}$ of an inch) into your nostril

With children, the furthest you can insert the Swab into the nostril may be less than $\frac{3}{4}$ of an inch, and you may need to have a second person to hold the child's head while swabbing

Brush the Swab against the insides of your nostril in a circle at least 5 times
Be firm and slow - take at least 15 seconds to collect the sample and be sure to collect any nasal drainage on the Swab
Using the SAME SWAB, repeat the process for the other nostril



You may get an incorrect test result if you don't collect enough sample with your Swab

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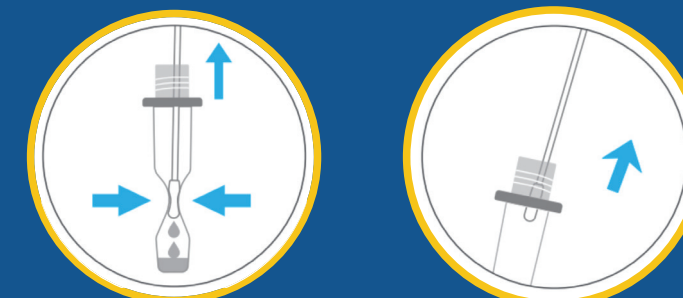
Step 3: Process your sample



Tap the Tube vertically on a table and twist the large orange cap to open



Stir the Swab tip in the bottom of the Tube at least 15 times



Squeeze the sides of the Tube to get as much sample as possible out of the Swab
There may not be enough sample material to perform a test properly if you don't squeeze the Swab



Remove the Swab and screw the large orange cap back on to the Tube

Put the Swab back into the package to dispose of

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Step 4: Add Sample



Your sample is now in the Tube

To test your sample, open the small white cap of the Tube by twisting it

Add 3 drops of sample to the Sample Port of the COVID-19 Test Card

Screw back the small white cap



Wait 15 minutes for your results to be ready